

Health Risks of Smoking Hookah

In recent years, smoking hookah has become increasingly popular among underage youth and young adults, exposing them to the health risks of both tobacco use and secondhand smoke. Unfortunately, many people are not aware that hookah smoke is just as harmful and addictive as cigarette smoke.

Here are the facts:

- Smoking hookah for 45-60 minutes can be **equivalent to smoking 100 or more cigarettes**.
- The tobacco used in hookahs, also known as shisha, is typically flavored, but it contains the same harmful and addictive chemicals found in all tobacco — including **nicotine**.
- **Secondhand hookah smoke** contains the same cancer-causing chemicals found in secondhand smoke from cigarettes.
- In addition, the charcoal used in most hookahs to heat the tobacco produces another toxin, **carbon monoxide**.
- According to the World Health Organization, people who smoke hookah pipes or who are exposed to secondhand hookah smoke are at risk for the same diseases that are caused by smoking cigarettes, including **cancer, heart disease, chronic respiratory illnesses** and adverse effects during pregnancy.